

Year 6 PE Progression Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Swimming Invasion Games – Football, Netball	Physical Skills/ Swimming	Creative Skills / Physical Skills/ Yoga	Health & Fitness Skills / Physical Skills/ Gym	Rugby / Rounders	Yoga / Cricket
Learning Objective (from DC Pro)	<ul style="list-style-type: none"> 1. I can effectively transfer skills and movements across a range of activities and sports. 2. I can perform a variety of skills consistently and effectively in challenging or competitive situations. 1. I can swim breaststroke introducing rhythmical breathing 2. I can swim 25m on the front or back 3. I can perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> 1. I can effectively transfer skills and movements across a range of activities and sports. 2. I can perform a variety of skills consistently and effectively in challenging or competitive situations. 1. I can swim breaststroke introducing rhythmical breathing 2. I can swim 25m on the front or back 3. I can perform safe self-rescue in different water-based situations. I can complete all Blue FUNS Challenges 	<ul style="list-style-type: none"> 1. I can effectively disguise what I am about to do next. 2. I can use variety and creativity to engage an audience. 1. I can effectively transfer skills and movements across a range of activities and sports. 2. I can perform a variety of skills consistently and effectively in challenging or competitive situations. I can complete all Blue FUNS Challenges 	<ul style="list-style-type: none"> I can explain how individuals need different types and levels of fitness to be more effective in their activity/role/event. I can plan and follow my own basic fitness programme. 1. I can effectively transfer skills and movements across a range of activities and sports. 2. I can perform a variety of skills consistently and effectively in challenging or competitive situations. I can complete all Blue FUNS Challenges 	<ul style="list-style-type: none"> 1. I can effectively transfer skills and movements across a range of activities and sports. 2. I can perform a variety of skills consistently and effectively in challenging or competitive situations. 	<ul style="list-style-type: none"> 1. I can effectively transfer skills and movements across a range of activities and sports. 2. I can perform a variety of skills consistently and effectively in challenging or competitive situations.
Skills	<ul style="list-style-type: none"> • 	<p>On both legs (FS1):</p> <ul style="list-style-type: none"> •Stand still on uneven surface for 30 seconds. •Standstill on uneven surface for 30 seconds with eyes closed •Complete 10 squats into ankle extensions •Complete five squats with eyes closed <p>Jumping and Landing (FS6):</p> <ul style="list-style-type: none"> •Jump 2 feet to 2 feet forwards, backwards and side to side. •Hop forwards and backwards, freezing on landing. •Jump 1 foot to other forwards and backwards, freezing on landing. •Hop sideways, raising knee and freezing on landing. •Jump 1 foot to other sideways, raising knee and freeze on landing. 	<p>Stance (FS4):</p> <ul style="list-style-type: none"> • Raise alternate knees to opposite elbow five times. • Catch large ball thrown at knee height and above head. • Catch large ball thrown away from body. • Catch small ball thrown close to and away from body. <p>Footwork (FS10):</p> <ul style="list-style-type: none"> •Combine three-step zigzag patterns with crossover (swerve) and changing lead leg. •Move in a three step zigzag pattern, with knee raise a cross body just before changing lead leg and direction. •Move in a three step zigzag pattern, lifting foot up behind just before changing lead leg and direction. 	<p>Sending and Receiving (FS8):</p> <ul style="list-style-type: none"> • Alternately throw and catch two tennis balls against a wall. • Throw two tennis balls against the wall and catch them with opposite hand (crossover). • Throw two tennis balls against the wall in a circuit, in both directions. <p>Ball chasing(FS11):</p> <ul style="list-style-type: none"> •Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction. •Form above challenge with tennis ball. •Roll on chase large ball stopping with head in front support position facing opposite direction. 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •

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Sport specific skills	<ul style="list-style-type: none"> • Throw and catch accurately and successfully under pressure in a game • Show confidence in using ball skills in various ways in a game situation, and link these together effectively. • Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. • Keep and win back possession of the ball effectively and in a variety of ways in a team game. • Demonstrate a good awareness of space. • Follow and create complicated rules to play a game successfully. • Communicate plans to others during a game. • Lead others during a game • Follow and create complicated rules to play a game successfully. • Communicate plans to others during a game. • Lead others during a game. 	•	•	<ul style="list-style-type: none"> • Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. • Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. • Confidently use equipment to vault and incorporate this into sequences. • Apply skills and techniques consistently, showing precision and control. • Develop strength, technique and flexibility throughout performances. 	<p>Rounders</p> <ul style="list-style-type: none"> • Hit a bowled ball over longer distances. • Use good hand-eye coordination to be able to direct a ball when striking or hitting. <p>Rugby</p> <ul style="list-style-type: none"> • Throw and catch accurately and successfully under pressure in a game • Show confidence in using ball skills in various ways in a game situation, and link these together effectively. • Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move. • Keep and win back possession of the ball effectively and in a variety of ways in a team game. • Demonstrate a good awareness of space. • Follow and create complicated rules to play a game successfully. • Communicate plans to others during a game. • Lead others during a game • Follow and create complicated rules to play a game successfully. 	<p>Cricket</p> <ul style="list-style-type: none"> • Hit a bowled ball over longer distances. • Use good hand-eye coordination to be able to direct a ball when striking or hitting.
Vocabulary	Dribbling; Shooting; Support; Marking; Attackers/defenders; Team play	Dance style; Technique; Pattern; Rhythm; Variation; Unison; Canon		Muscles; Joints; Symmetrical/asymmetrical	Forehand, backhand, lob, drop shot.	Drive, hook shot, pull shot, forward defensive, long/short barrier, overarm